



Friday




Sunny
Lo: 75°F
Hi: 99°F

Saturday



Partly cloudy
Lo: 76°F
Hi: 100°F

Sunday



Chance of thunderstorms
Lo: 70°F
Hi: 88°F

Rare arrowhead found in Eglin housing

See Page 5



Senators take fifth in national tournament

See Page 1B



Sheppard Senator

Combat Capability Starts Here



Vol. 57, No. 34Sheppard Air Force Base, TexasAugust 27, 2004

Reps ready to ‘write-in’ unregistered voters

By Capt. Paul Pethel
82nd Training Wing alternate installation voting assistance officer

A week-long push to get Armed Forces members registered to vote kicks off Sept. 3. The push is conducted in support of the Uniformed and Overseas Citizens Absentee Voting Act, which protects the right to vote for members of the armed forces and their dependents who are away from their voting residence while serving our nation. UOCAVA also requires each service to develop a program of voting information and education for everyone covered by the act. Sheppard is no different

with voting counselors contacting members here since March of this year. In addition to AFVW and UOCAVA, the Federal Voting Assistance Program supports voting efforts year round. In this election year, special attention will be paid to the period leading up to the Nov. 2 general election that will decide our next president. In order to promote voter registration, a team of Sheppard Unit Voting Assistance Counselors will canvass as many eligible voters as possible. Registration stations will be set up at locations such as the BX, Commissary and hospital, among other locations around base.

Counselors staffing these tables will be ready to assist personnel wanting to register to vote absentee. Maximum exposure is the goal with AFVW – the last really safe week to mail a request for registration/ballots and ensure that members have time not only to receive ballots but to vote and mail them back to their election officials. For more information on recent initiative to encourage voter participation visit <http://www.afpc.randolph.af.mil/airmenvotes/>. Call the base operator at 6-2511 or leave a message with the base voting hotline at 6-6406 to learn who the unit voting counselors are.

DoD committed to helping members vote from anywhere

By Kathleen Rhem
Armed Forces Press Service

WASHINGTON – Defense officials are committed to ensuring military members have the ability to vote from anywhere in the world, DoD’s top personnel officer said. “We’re making a decided effort to make sure everyone gets the chance to vote,” said David S. C. Chu, undersecretary for personnel and readiness, in an interview with American Forces Press Service and the Pentagon Channel. Voting assistance officers

are available on military installations and in units to assist servicemembers in finding information for their home states and districts. These officers can help them register to vote and request absentee ballots. The U.S. Postal Service has committed to sending voting materials to and from military members overseas via express mail, Mr. Chu said. “This year the post office is going ... to expedite the movement of absentee ballots ... to help us be sure they get out there in time and to get back

and get counted,” he said. DoD has designated two specific weeks to raise awareness of issues facing military voters specifically and, more generally, everyone who must vote by absentee ballot. The week-plus timeframe Sept. 3-11, which includes Labor Day, has been designated Armed Forces Voters Week. Columbus Day week, Oct. 11-15, will be Absentee Voting Week. A Defense Department spokesman explained voting assistance officers will redouble efforts to ensure every eligible voter is heard. See VOTE, Page 4

On the Inside

Divine guidance

Chaplains serve in many capacities, more commonly as counselors and spiritual leaders. Chaplain (Capt.) Kristina Coppinger took it a step farther when she drew from her own experiences and gave career advice to a former Sheppard Airman. The advice paid off for Airman 1st Class Shawn Hartel, a F-16 crew chief. The chaplain recalled a discussion she had with Airman Hartel while he was going through technical training here. “He was just talking about his dreams of college,” Chaplain Coppinger said. “I always tell people to follow their dreams.”

For full story, see Page 2.

363rd TRS get 3-star visit

A high-ranking Air Force member returned to his roots recently and took the opportunity to visit the place that makes combat capability possible. Lt. Gen. Duncan McNabb, Air Force Deputy Chief of Staff for Plans and Programs, paid a visit to the 363rd Training Squadron while he returned to Notre Dame High School in Wichita Falls for his 35-year reunion.

For full story, see Page 3.

CSAF sight picture

Around the world, the Airmen of our United States Air Force make a difference. From the collapse of the Soviet Union and Desert Storm more than a decade ago to our global planning and execution of air and space power today, Airmen have done more than their part for our nation. In the coming months, we need to make a difference in another way. We all need to exercise the privilege only enjoyed by free nations – the privilege of voting.

For full story, see Page 7.

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Photo by Senior Airman Chris Powell

The Marine Corps had Lance Cpl. Josh Gracin make it to the top five in the American Idol competition and now the Air Force could have its American Idol. Airman 1st Class, above, an aerospace ground equipment student in the 361st Training Squadron, won a local competition Aug. 22 to advance to a regional audition at the Superdome in New Orleans.

Sheppard Airman has sights set on Los Angeles after winning local vocal competition

By John Ingle
Editor

Making it big in the music industry has been a dream of Airman 1st Class Derrick Williams’s since he began singing at church when he was 12 years old. His sister, Cassandra, would laugh and kid with him a few years ago when he said he could go on American Idol and make it. But, Airman Williams got the last laugh when he won an American Idol competition at Castaway Cove in Wichita Falls Aug. 22 and earned a trip to New Orleans. Although the aerospace ground equipment student in the 361st Training Squadron hasn’t made it to Los Angeles to sing in front of Paula Abdul, Randy Jackson and Simon Cowell, he has made it to a regional audition in New Orleans.



Photo by Senior Airman Chris Powell

Instructors like Staff Sgt. John Green, right, at the 361st Training Squadron have viewed Airman 1st Class Derrick Williams’s opportunity to become the next American Idol as once-in-a-lifetime.

“Whether I win or not, it’s a good experience,” he said. The first day of competition at the water park was Aug. 21 and the field was cut down to 15, he said. The 15 returned Aug. 22 for another round that would determine the five finalists. “The thing I was mainly scared of was this one female contestant,” Airman Williams recalled. “She had ‘the look.’” The judges apparently felt otherwise following Airman Williams’s rendition of “I’ll Make Love to You” by Boyz II Men. But what might have set the 23-year-old student apart from other aspiring singers was his song during the second round of competition – a song he wrote for his wife, Angel, called “Angel’s Song.” He said he wrote the song when he was dating Angel. The words described his feeling for her:

*You’re my Angel;
My sun up in the sky;
The moon that lights
my night.
“It kind of softened her up,” he quipped, adding that the couple married Feb. 17. Airman Williams said he never has received any formal vocal training, basically finding what suits his voice best on his own. Music has been part of his life since he began singing at Conant Gardens Seventh Day Adventist Church in Detroit, Mich. From there, he broadened his musical abilities by playing saxophone in*

See IDOL, Page 4

A million reasons to smile

By John Ingle
Editor

Their mantra speaks volumes about who they are, what they do and why they continue to be recognized. It’s simple: small business is not synonymous with small capability. With that in mind, the 82nd Contracting Squadron went out and found high performing small businesses that resulted in the Million Dollar Round Table award from the Department of Commerce recently. The squadron was the only Department of Defense agency recognized this year. But, the contracted small businesses weren’t just any

82nd CONS gets another small business award

small business. They were high-performing minority-owned small businesses. Lt. Col. John McLaurin, 82nd CONS commander, said the number of disadvantaged or woman-owned small



businesses contracted by the Squadron and Sheppard wasn’t driven by quotas. “It’s important that everyone knows that our most important criteria is any contractor we use must be a high performer with a solid performance record,” he said. “Every single purchase we make must be fairly priced and represent the

‘best value’ to the Air Force.” Eight current or former buyers with the 82nd CONS were directly responsible for the award. They accounted for more than \$27 million in goods and services provided to Team Sheppard. The contracted jobs range from construction to audiovisual services, dorm furniture to roof repair. Tandy Weaver, the squadron’s small business specialist, said the 82nd CONS complied with two laws when searching for small businesses. First, the buyers seek the best value for every dollar spent. Second, they follow the

guidelines of the Small Business Act of 1953 which mandates when possible, contract awards are made to small businesses if their service is competitive and at fair-market-value. “Best value is first and foremost,” Ms. Weaver said. “We don’t reduce our standards or lower the criteria for whatever product or service we are purchasing.” The award wasn’t the result of anyone person or office, she said. It was a concerted team effort of buyers, contractors, base leadership, customers and contracting officers. The number of million dollars awarded to the 82nd CONS was a record. See CONS, Page 4

Former Sheppard Airman closer to dream after chaplain's advice

By John Ingle

Editor

Chaplains serve in many capacities, more commonly as counselors and spiritual leaders.

Chaplain (Capt.) Kristina Coppinger took it a step farther when she drew from her own experiences and gave career advice to a former Sheppard Airman. The advice paid off for Airman 1st Class Shawn Hartel, a F-16 crew chief.

The chaplain recalled a discussion she had with Airman Hartel while he was going through technical training here.

"He was just talking about his dreams of college," Chaplain Coppinger said. "I always tell people to follow their dreams."

Another dream was to fly, she said.

It was then she asked how he did in high school. She said he told her he made good grades.

Then her very own career path came into mind - The United States Air Force Academy. Chaplain Coppinger



Hartel

was prior enlisted as a Korean linguist and then was accepted to the academy's preparatory school.

After graduation from the academy, she was commissioned as an imagery intelligence officer.

Chaplain Coppinger suggested Airman Hartel visit the education office to get the needed paperwork and get a letter of

recommendation from his commander.

"If someone has the grades and that would be something they would like to do, it's something they should try," she said. "You should always try because you'd never know."

Airman Hartel graduated from a course at Luke Air Force Base, Ariz., Aug. 16 which made him a mission ready crew chief. He learned of his admission the same day.

"I always wanted to be a pilot, but it seemed impossible," he said. "(My dream) is coming into my reach, and that's awesome. It would be nice to fly an F-16 since I already know how it works, (but) I don't care what aircraft I'm flying as long as I'm behind the stick."

Airman Hartel will be an F-16 crew chief at Nellis AFB, Nev., until he reports to the academy in June 2005.

(Senior Airman Susan Stout of the 56th Fighter Wing Public Affairs contributed to this story.)

Civilians get opportunity to change life insurance

By Master Sgt. Ron Tull

AFPC Public Affairs

RANDOLPH AIR FORCE BASE, Texas - Federal employees will have the chance to enroll or make changes to their group life insurance as part of a special open season from Sept. 1 to 30. The event is in celebration of the program turning 50 years old.

"We estimate 127,000 Air Force employees will be eligible to enroll or increase their life insurance," said Maria Molly, chief of benefits and entitlements at the Air Force Personnel Center here.

"The last time federal employees were allowed to make these kinds of changes was five years ago," Ms. Molly said. "Normally it would take a 'qualifying life event' or the employee getting a physical at their expense. This open season doesn't require a physical or answering any questions about one's health."

The Federal Employees' Group Life Insurance program consists of basic life insurance coverage and three options that include coverage for up to five

times an employee's base salary plus coverage for family members. In most cases, a new employee is automatically covered by basic life insurance. The types and amounts of coverages available are not changing.

Newly elected coverage won't be effective until after Sep. 1, 2005. The reason for the delay is to prevent employees increasing coverage only when they know they need it, resulting in a high number of immediate claims, according to the Office of Personnel Management. Such claims increase the program's costs.

"This is a great opportunity, but I urge everyone to do their homework and remember that the premiums increase with age," Ms. Molly said.

Information about the FEGLI program and the open season is online at www.afpc.randolph.af.mil/dpc/best/menu.htm.

There's a calculator available to assist in computing premium cost at www.opm.gov/calculator/worksheet.asp.

Air Force-serviced civilian

employees can make open season elections electronically via the Benefits and Entitlements Service Team automated Web or phone system. The web-based Employee Benefits Information System is located at

www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm. Employees in the United States can reach the automated phone system by dialing 1-800-616-3775. Overseas employees will first dial a toll-free AT&T Direct Access Number for the country they are calling from and then enter 800-997-2378.

Hearing impaired employees may reach a benefits counselor by calling toll-free TDD 1-800-382-0893, or if located in the San Antonio, Texas area, (210) 565-2276. Benefits counselors are available weekdays from 7 a.m. to 6 p.m. Central Time.

The federal government established the FEGLI program on Aug. 29, 1954. It is the largest group life insurance program in the world, covering more than 4 million federal employees and retirees, as well as many of their family members.

Air Force accepting applications for physician assistants

RANDOLPH AIR FORCE BASE, Texas - The Air Force is taking applications for Physician Assistant Phase I training classes beginning January, April and August 2006.

Only active-duty enlisted Airmen are eligible for the program.

The selection board is scheduled to convene here March 22. Completed applications must be sent by military personnel flights and arrive at HQ AFPC/DPAMW, 550 C Street West, Suite 27, Randolph AFB TX 78150-4729 no later than Jan. 28. Incomplete applications or those received after the cutoff date will be returned and will not meet the selection board, said Air Force Personnel Center officials.

To be eligible, applicants must:

- Be on active duty in the grade of E-3 through E-8 with a minimum of two years and a maximum of 14 years active military service as of Aug. 31, 2006.

- Meet age limitations specified in Air Force Instruction 36-2005 for appointment as second lieutenant in the Biomedical Sciences Corps (less than 42

years of age upon completion of Phase II Training.)

- Combined verbal and math score of 950 on the Scholastic Aptitude Test.

- Have a minimum general score of 80 points on the Armed Services Vocational Aptitude Battery or Air Force Classification Test.

- Sixty semester hours of transferable college credits and a grade point average of 2.5 or better on a 4.0 scale. Courses listed below are mandatory and must be in class-room at an accredited college or university. A combined minimum 3.0 GPA is required in the Math and Sciences courses. Twenty-four semester hours may be met from CCAF, DANTES, USAFI correspondence courses, end-of-course test, or specific subject examination.

For more information, contact the local military personnel flight, education office or visit http://www.afpc.randolph.af.mil/medical/bsc/Education/pa_prog01.doc.

(Courtesy of the Air Force Personnel Center.)



Photo by Senior Airman Chris Powell

Systems go

Airman Sean van Dyk, an aircraft avionics student at the 365th Training Squadron, performs a systems check on a F-15A Eagle during a class Thursday morning. The 78-day class is part two of the avionics course.

Call 6-7244 with your story idea.

3-star returns home, visits 363d Training Squadron

By Capt. Kenneth Tebbe
363rd Training Squadron

A high-ranking Air Force member returned to his roots recently and took the opportunity to visit the place that makes combat capability possible.

Lt. Gen. Duncan McNabb, Air Force Deputy Chief of Staff for Plans and Programs, paid a visit to the 363rd Training Squadron while he returned to Notre Dame High School in Wichita Falls for his 35-year reunion.

During the general's visit to the 363rd, he participated with munitions students in the assembly of MK 82 bombs using the Munitions Assembly Conveyor.

"I was thrilled to generate such an awesome weapon and be able to take this hands-on approach," General McNabb said.

The general also addressed the class of seven students that after they built the bomb.

"This is the coolest thing I've ever gotten to do," General McNabb said.

Airman 1st Class Blair Ross, a student in the 363rd TRS, said he was thrilled to work hand-in-hand with a three-star general.

"The class was shy and speechless at first, but quickly blended into a team to accomplish our task," Airman Ross said. "We were thrilled to have such an awesome opportunity and will remember it always."



Photo courtesy of the 363rd Training Squadron

Lt. Gen. Duncan McNabb, Air Force Deputy Chief of Staff for Plans and Programs, watches as Airman Caleb Cochran attaches an electrical fuse to a MK 82 bomb at the 363rd Training Squadron recently. General McNabb spent some time with the AMMO students during a visit to Sheppard.

The graduating class presented General McNabb with the coveted AMMO coin. In turn, General McNabb presented all seven students with his coin.

'Iron Fury' pushing insurgents out of Sadr City

By Army Sgt. Dan Purcell
and Pfc. Erik Ledrew
122nd Mobile Public Affairs
Detachment

BAGHDAD, Iraq - Iron Horse Brigade Soldiers of the 1st Cavalry Division have spent the past week in an operation to root out radical "Mahdi Army" forces terrorizing the eastern Baghdad district known as Sadr City.



U.S. Army Photo by Pfc. Erik Ledrew

Sgt. Eloy Garza, an Infantryman with White Platoon, "Comanche" Company, 2nd Battalion, 5th Cavalry Regiment, watches over a street in Sadr City from his makeshift guard position during the second day of Operation Iron Fury.

Operation Iron Fury began Aug. 17 and officials called it an "all-out effort" to stop violence in the Baghdad area by militia headed up by Shiite cleric Moqtada al-Sadr.

Since insurgents launched a wave of violence in Sadr City Aug. 5, shops and government offices have been closed in the heavily populated area. U.S. Army-sponsored humanitarian missions there also came to a standstill.

"The objective of Operation Iron Fury was to reduce the Mahdi Army's influence in

Sadr City and provide a secure and stable environment for the people," said Capt. Anthony Martinez, the public affairs representative for 2nd Battalion, 5th Cavalry Regiment, 1st Brigade Combat Team. 2-5 Cavalry Soldiers spearheaded a task force which included elements of the 1st Battalion, 12th Cavalry Regiment and the 2nd Battalion, 8th Cavalry Regiment - both from the Iron Horse Brigade.

"This operation is a combined effort conducted by the

1st Brigade," said Command Sgt. Maj. Donald Battle, 1-12 Cavalry. "We want the law abiding citizens [of Sadr City] to know that we are here and that we will do what it takes to support a legitimate government so that all Iraqis can live a normal life."

During the initial phase of the operation, Soldiers from 2-5 Cavalry pushed into the center of the city to secure their company's objectives.

Capitalizing on the brigade's foothold in the city, 1-12 and 2-8 Cavalry commenced their

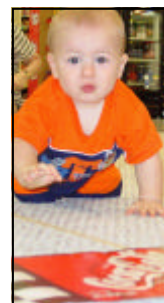
respective attacks the following day.

"This is the largest operation I've been on," said Spc. Thomas Jeffcoat, Headquarters Company (Maverick), 1-12 Cav. "We should have done this a long time ago, because the Mahdi Army has just been running wild out here."

By day three of Iron Fury, the 1st BCT had exceeded its initial expectations for the mission, pushing blocks past their planned objectives despite mounting opposition from the insurgent forces.

Briefly Speaking

Diaper Derby to hit the floor crawling



The annual Hotter-N-Heck Diaper Derby is Aug. 29 at 10 a.m. in the Commissary.

Babies will compete in three divisions including under 9 months old; 9 to 11 months old; and 12 to 15 months old. Prizes up for grabs are the fastest crawler or walker in each division. All participants will receive a prize.

NCO induction ceremony coming up

The Junior Enlisted Troop Service will host a non-commissioned officer induction Aug. 31 at 2:30 p.m. in the enlisted club. For more information, call Staff Sgt. Timika Hall at 6-3860.

82nd MSS closing for official function

The 82nd Mission Support Squadron will be closed from 12:45 to 14:45 p.m. on Monday for commanders call. Please contact Maj. Aundra Moore at 704-5709 for all emergencies.

Housing office has quality service program

The housing maintenance contract is operated under a civilian contract and is monitored for quality service under the Customer Complaint Program.

If you have any comments or complaints that are not handled promptly and courteously, use an AF Form 714, Customer Complaint Record, to voice your comments or complaints, or call Dianne Brewer at 6-2708, Quality Assurance Person for the contract, or Joyce Walters, facilities chief, 6-5769.

Civilians recognized for service

The following civilians were recently recognized for their continued service to Sheppard and the Air Force:

10 years

Verna Davidson, 82nd Mission Support Squadron, and Mark McBurnett, 82nd Civil Engineer Squadron.

20 years

Mitchell Weatherly, 982nd Maintenance Squadron, and Ricardo Flores Jr, 82nd Logistics Readiness Squadron.

30 Years

Dave Nave, 82nd Training Wing.

AETC announces new international training, education director

RANDOLPH AIR FORCE BASE, Texas (AETCNS) – Air Education and Training Command recently named the director of the newly formed international training and education directorate here.

Gen. Donald G. Cook, AETC commander, announced the selection Aug. 12.

Col. Gerald R. Hust, currently the director for both the International Officer School and International Affairs at Air University, Maxwell Air Force Base, Ala., will begin his new duties in September, shortly after his retirement from active duty.

As the head of the international training and education directorate, Colonel Hust will lead international training efforts within the command.

“AETC’s training operations are the coin of the realm in the military training world,” General Cook said. “Air Force’s around the world want to place their people in our schools.”

“Gerald Hust will bring his tremendous experience working with other nations to ensure our focus supports the needs of our friends and allies

as we meet the challenges of transforming our Air Force to meet the requirements of the combatant commands,” the general said.

To meet these challenges, he will exercise functional oversight of the command’s international training units and mission. As such, he will be responsible for implementing international training policy and programming, and execute decisions regarding the command’s involvement in international training.

His responsibilities will also involve a close working relationship with the secretary of the Air Force for international affairs. As part of his duties, he will provide command visibility to: programs at the Air Force Security Assistance and Training Squadron here; Euro-NATO Joint Jet Pilot Training at Sheppard AFB, Texas; F-16 training squadrons under the Air National Guard’s 162nd Fighter Wing at Davis-Monthan AFB, Ariz.; and the Defense Language Institute English Language Center and the Inter-American Air Forces Academy, both at Lackland AFB, Texas.



CONS

Continued from Page 1

lar buyers in the 82nd CONS doubled over fiscal year 2002, an achievement that is rare. With the small number of buyers in the squadron, Colonel McLaurin said the only way to top the fiscal year 2003 result is to exceed the mone-

tary aspect.

The squadron was competing with civilian companies such as American Airlines, Boeing, the Dallas Area Rapid Transit Authority and the Department of Agriculture.

The following are the buyers who propelled the 82nd Contracting Squadron to its recent recognition from the Department of Commerce:

Gary Beck	\$8 million
Tech Sgt. David Bustamante	\$6.3 million
Mary Posvic	\$4.6 million
Laura McRee	\$3.2 million
Tech. Sgt. Kenneth Rand	\$1.9 million
Brenda Wehmeier	\$1.2 million
Senior Airman Adam Vulgamore	\$1.1 million
Staff Sgt. Brandy Knisley	\$1.1 million

*Ms. Wehmeier is now assigned to the 97th Contracting Squadron at Altus Air Force Base, Okla. Sergeant Knisley is now at Tyndall AFB, Fla., serving in the 325th CONS. Ms. Posvic passed away in January.

To place an ad, call 761-5151.

IDOL

Continued from Page 1

a school band. That’s when he learned to appreciate other forms of music.

But, Airman Williams knows when he signed on the dotted line and joined the Air Force, the mission comes first.

“Music is me,” he said. “But, they told you when you joined, the Air Force comes first.”

Master Sgt. Daniel Farquharson, an instructor in the 361st TRS, said the squadron is trying to make this once-in-a-lifetime opportunity happen for the young Airmen. Instructors are ensuring Airman Williams won’t fall behind in training and will do what is needed to keep him up-to-date on

training information.

“We’ve got some great instructors here,” he said. “We’re trying to minimize the affects of this.”

Airman Williams said he know he has the support of his classmates, instructors and commanders.

“I’ve heard the Air Force is like one big family,” he said. “I’ve found out that it’s true.”

Airman Williams will audition in front of producers and censors Tuesday and, if selected, could perform for Ms. Abdul, Mr. Jackson and Mr. Cowell Wednesday.

VOTE

Continued from Page 1

ble their efforts to get information to potential voters during these weeks. Commanders and supervisors will also highlight the importance of voting and options available to troops.

“We want to bring to light the availability of services provided to assist military members and their family members,” the spokesman said.

Mr. Chu said a good source of information is the Web site

of the Federal Voting Assistance Program. The site includes links to absentee voting rules for all states and jurisdictions.

From this site, potential voters can fill out and submit an on-line version of the Federal Post Card Application, which allows individuals to register to vote or request an absentee ballot from nearly all U.S. jurisdictions.

Finally, Mr. Chu said, people should be aware they can use a Federal Write-in Absentee Ballot to vote in congressional and presidential elections if they don’t receive their absentee ballots in time. Information on using this form is also available on the FVAP Web site.

“You can (use this form) if you’re a registered voter,” he said. “And that is one of your last-ditch options.”

24th Annual Lobster Bake



Grab your claw-breakers and steak knives because it’s time to get ready for the annual Combined Federal Campaign fundraiser – the 24th Annual Lobster/Steak Bake Oct. 2.

The lobster/steak bake provides an opportunity for the base and local community to come together to support local charities and enjoy a lobster/steak dinner. All proceeds from the bake go to the CFC.

The event will be held at the community center, Bldg. 430 and is open to the surrounding communities. There will be three seatings offered this year: 1, 4 and 7 p.m. Hot dogs for

\$2 will be available for kids, \$5 hot dog meals for adults, \$11 rib eye steaks, \$17 lobsters.

For those really hungry guests, a \$24 steak and lobster combo.

All meals include baked potatoes, corn on the cob, baked beans, salad, rolls, etc.

In addition to the meal, there will be live entertainment as well as a Chinese auction and silent auction to raise funds for CFC. The bake theme this years is Hawaiian/Gilligan’s Island.

For ticket sales, please contact: Marilyn Lucas at 6-6647, Staff Sgt. Dawn Hart at 6-4039 or Staff Sgt. Casey Kalal at 6-6060.

Oct. 2

Don’t drink and drive. Call 6-AADD for a ride home.

Boy discovers rare arrowhead in base housing

Ancient artifact dates back to 2,000 to 3,000 B.C., possibly made by Seminoles or Creeks

By Sarah McCaffrey
96th Air Base Wing Public Affairs

EGLIN AIR FORCE BASE, Fla. (AFPN) – What started out as a souvenir for the Lilley family living on Arrowhead Court in base housing here has turned out to be a very significant discovery of American Indian culture.

Six-year-old John David Lilley and his 10-year-old sister, Nancy, were playing in a sandy area of the cul-de-sac when they discovered what appeared to be an arrowhead. John and Debbie Lilley were skeptical when John David showed them the arrowhead he found near their home.

"It didn't seem like it was real," Mrs. Lilley said.

She decided to contact cultural resources division officials here to learn more about the arrowhead and find out if it was authentic.

The arrowhead was real and very rare. The archaeological program here has found more than 1,900 archaeological sites in the past 20 years, but most of the finds have been common artifacts.

Archaeologists here have found much broken pottery and many shell piles called middens, which were used for waste disposal, but few artifacts as important as this arrowhead.

"This arrowhead turned out to be very significant in the archaeological site we're investigating," said Mark Stanley, archaeologist with the environmental program directorate. "What makes it so significant is not that it is rare, but that the way it is made helps us determine which period of prehistory it came from."

The artifact is a Hardee beveled dart point measuring 2.5 inches long by 1.5 inches wide. The dart point would have been attached to a spearlike hunting tool called an atlatl.

Archaeologists estimate the dart point dates back to 3,000 to 2,000 B.C. and was probably made by ancestors of the 18th or

19th century Seminoles or Creeks. The dart point is carved from coastal plains chert, a type of stone found about 100 miles from this area.

"Arrowheads and other stone tools are very rare in the panhandle because American Indians had to travel over 100 miles to get them," Mr. Stanley said.

American Indians from the panhandle would trade feathers and shells with other groups to obtain arrowheads and dart points, which were essential for hunting.

Stone tools were very valuable to them because of their rarity and expense. Hunters would follow their prey for long distances to retrieve an arrowhead or dart point, Mr. Stanley said. If the arrowhead was damaged during the hunt, the tribesmen would recycle it by shaping it into a new tool.

The Lilley family's donation of this artifact to the cultural resources division is helping archaeologists learn more about the former residents of the panhandle.

"The material it is made from can tell us something about their trade networks," Mr. Stanley said. "The style that it is made in can tell us about their hunting practices."

As technology develops in the future, archaeologists may be able to learn even more from this artifact, Mr. Stanley said.

"It was very generous and selfless of the Lilleys to come forward and present this artifact," said Tara Check, environmental public affairs spokeswoman.

"Projectile points and pottery shards kept in private collections could hold the key to important archaeological questions, especially when their exact original location is known," Mr. Stanley said.

"It is difficult to understand the difference between what is a keepsake and what could potentially be a piece of history," Ms. Check said.

The dart point found by the Lilleys will be showcased in the interpretive center which is similar to a museum. It houses more than 600 cubic feet of artifacts in climate-controlled facilities for proper preservation.

If an artifact is found on federal property, the finder is obligated by the Archaeological Resource Protection Act to leave it in place and contact the proper authorities.

When an artifact is found, mark the area with a flag or some other easily distinguishable marker.



Photo by Sarah McCaffrey
Ten-year-old Nancy Lilley and her 6-year-old brother, John David, listen carefully as Mark Stanley explains the significance of the arrowhead the two children found in their cul-de-sac in base housing here. Mr. Stanley is an archaeologist with the environmental program directorate. (U.S.



Photo by Sarah McCaffrey

Mark Stanley displays the American Indian arrowhead found by 6-year-old John David Lilley. The arrowhead, which dates back to 2,000 to 3,000 B.C., was probably used by descendants of the 18th or 19th century Creeks or Seminoles. Mr. Stanley is an archaeologist with the environmental program directorate.



To put an ad in the *Sheppard Senator*, call 761-5151.

Good Samaritans help with Airmen's PCS nightmare

By 1st Lt. Kevin Brown
100th Air Refueling Wing Public Affairs

ROYAL AIR FORCE MILDENHALL, England (AFPN) – For most servicemembers, it is routine to move every three to five years, but for one newcomer it was an experience he will never forget.

First Lt. Ryan Smith, of the 351st Air Refueling Squadron, had just finished the co-pilot initial qualification course at Altus Air Force Base, Okla., when he decided to take a road trip from his home in Arizona to his port-of-call in Baltimore, Md.

It was supposed to be his first odyssey: A drive across the country, making numerous stops to visit friends and relatives, drop off his vehicle for shipment and finally catch a plane headed for here. Instead, his car was stolen and all of his belongings were gone with it.

"I stayed the first night at a motel outside of Kirtland Air Force Base, N.M., because the billeting was full," Lieutenant Smith said. "I packed my car with all of my belongings, so I was ready to meet my friends, and when I returned, there was nothing left but a pile of broken glass."

Fortunately for Lieutenant Smith, his car was old and not valuable to him.

"I wasn't too upset until I started realizing that everything that I needed for my move was gone with it," he said.

Lieutenant Smith said he had "miserable visions of inprocessing overseas without any clothes, uniforms or papers."

He spent the rest of the day tracking down some new copies of his orders, another plane ticket and some clothes. He then picked up a rental car and continued on.

Two nights later and several states down the road, Lieutenant Smith received a call on his cell phone. Evidently, someone had found his burned car in New Mexico.

Fortunately, two good Samaritans, Bob Avery and Jeanette Perkins, had found the lieutenant's paperwork earlier that day.

Mrs. Perkins picked everything up, reassembled two suitcases worth of clothing, a few books and a six-inch stack of papers and records, and she took it to Mr. Avery's house, Lieutenant Smith said.

After Mr. Avery recognized the military nature of the lost belongings and paperwork, he began tracking down Lieutenant Smith.

Mr. Avery notified the police but did not get any answers, so he called Vance AFB, Okla., since it was written on a lot of the paperwork. Base officials were eventually able to contact Lieutenant Smith.

In the meantime, Mr. Avery found the lieutenant's address book and the number listed for his grandfather. By the time Lieutenant Smith heard from someone at Altus AFB, Mr. Avery had already worked out the details with the grandfather to have everything mailed to Pennsylvania, which was the lieutenant's last stop before Baltimore.

"Mrs. Perkins washed all of my clothes (because they were muddy and smelly from sitting in the rain), dried and sorted most of the paperwork, and packed it all up for mailing," Lieutenant Smith said. "It was waiting for me just in time for the plane ride across the ocean."

"Moving to England and inprocessing at RAF Mildenhall was very painless compared to what it would have been," he said. "Mr. Avery and Mrs. Perkins helped me personally through their unprovoked acts of kindness and generously assisted the Air Force itself through the few days' time they put toward alleviating a weary lieutenant's PCS nightmare."



Blaze of glory

A Sheppard Fire Department member cuts through the roof of a house on Childress Street Thursday morning during an exercise. The department simulated a "back-draft" in the house, requiring firefighters to cut through the roof to release some of the oxygen so others can enter the home. The house is one scheduled for demolition.

Photo by Senior Airman Chris Powell

RAPCON Airmen control sky over Iraq

By Tech. Sgt. Brian Jones
332nd Air Expeditionary Wing
Public Affairs

BALAD AIR BASE, Iraq (AFPN) – Since the fall of Saddam Hussein's regime, coalition forces have controlled the air space over Iraq.

The 332nd Expeditionary Operations Support Squadron's radar approach control flight here is responsible for nearly 35,000 square miles of that air space. It makes up one of three area control centers providing air traffic services covering all of Iraq.

The Kirkuk center controls the air space in northern Iraq, and the Tallil center covers southern Iraq, leaving the vast central region to the team here.

The 332nd RAPCON provides civilian, military, United Nations, humanitarian and state local flight control for here, Baghdad International Airport and Al Asad, Al Taqaddum and Tikrit airfields. They also work closely with the 332nd Expeditionary Air Control Squadron to support aircraft performing regional tactical missions.

They control a monthly average of nearly 15,000 aircraft.

"We provide the same air traffic control services we would provide in the states, but

on a much larger scale, and we're working around tactical aircraft activity," said Master Sgt. Howard Modlin, the chief controller deployed here from Wright-Patterson Air Force Base, Ohio.

The volume of air traffic here is a new experience to many of the controllers.

"These are young controllers working in a new environment. All of these folks have never worked in an (area control center)," said Tech. Sgt. Tracy Webb-Joyce, the assistant chief controller deployed here from Keesler AFB, Miss. "Considering the experience level these Airmen came here with, what they've done is remarkable."

Among the many challenges working in this environment presents, the controllers said the language barrier is the biggest snag, even though the language spoken is English.

"We talk to Jordanians, Syrians, Russians, Iraqis, Australians and Kuwaitis, and the heavy accents definitely present a challenge," said Airman 1st Class Jordan Reber, an air traffic controller deployed from Altus AFB, Okla.

"What we do out here on a daily basis is extremely challenging. (Air traffic control), in general, has the reputation of being a stressful job," Airman Reber said. "Out

here, the level of stress is multiplied times ten."

To deal with the stress, the young controllers have learned to rely upon each other.

"We're well trained, and we're confident in each other's abilities," said Staff Sgt. Daniel Hauptman, an air traffic control watch supervisor deployed from Luke AFB, Ariz. "We rely on each other. We're dealing with the same issues. We've gotten real close these past few months."

"The best stress relief is hanging out together," Airman Reber said. "We do everything together. We're a tight-knit family."

Having faced the challenges of working in this environment, this group of controllers takes a lot of satisfaction in keeping the sky over Iraq safe.

"Keeping everybody safe, we can walk out of work every day knowing we did our job," Airman Reber said.

"We realize the responsibility we have out here and the effort we are supporting," Sergeant Hauptman said. "We can see what we're doing is making a difference. We can see the result of our work, and we can see how the situation over here is changing. It's good to know (we) had a part in it."

CSAF sight picture: The power of your vote

By Gen. John P. Jumper
Air Force Chief of Staff

Around the world, the Airmen of our United States Air Force make a difference.

From the collapse of the Soviet Union and Desert Storm more than a decade ago to our global planning and execution of air and space power today, Airmen have done more than their part for our nation.

In the coming months, we need to make a difference in another way. We all need to exercise the privilege only enjoyed by free nations – the privilege of voting.

Most of you have been deployed in an Air Expeditionary Force since you have been in the Air Force. You have seen our way of life com-



pared to others in troubled parts of the world.

While we as Americans are not without our problems and issues, if all the borders of all the nations of the world were open to all people, where do you think most would choose to reside? There is little doubt that it would be in the Land of the Free.

There have been many books written in recent years about our founding fathers – the men who wrote the powerful words that forged a new nation. In our

Declaration of Independence, Thomas Jefferson penned a phrase that is the cornerstone of our democratic institutions and makes us unique among nations.

He wrote, "...Governments are instituted among Men, deriving their just power from the consent of the governed."

It is this idea of the "Consent of the Governed" that empowers each of us in the form of our vote.

Many of us have experienced some obstacles to voting while

serving in the armed forces. The absentee voting system has traditionally been fraught with challenges, but we have been working hard to minimize the red tape.

With Airmen and their families serving around the globe, many suffer from delays in mail service – another obstacle to registering and voting. Our leadership in the Department of Defense has worked with the U.S. Postal Service to give priority to voting materials in the mail system.

To facilitate the voting process, we have also created a user-friendly voting link called "Airmen Votes" on our Air Force Link website for you and your families to use. The "Airmen Votes" icon on the Air Force Link website, www.af.mil, will guide you to all the information you need to register to vote, file an absentee ballot request, and send in an absentee ballot.

In most cases, all you need to do is fill out a postcard and mail it in. Guidance is available for all states and territories and for those Airmen living overseas. Your family members who are eligible to vote can use this web link as well, including children away from home while attending school.

If you still have questions,

contact your Voting Assistance Officers – they are available to address your voting questions or concerns. We want to make voting as easy as possible.

The Secretary of the Air Force, Dr. Jim Roche, and I are dedicated to ensuring every eligible Airman has the opportunity to vote.

As Airmen, we have all taken an oath to support and defend the Constitution that guarantees our right to vote. As a nation we accept divergence of opinion and candidates with different views.

I encourage you to avail yourself of the right to vote for candidates and on the issues of your choice. No other single act is so fundamental to our form of Government. Please register. Please vote.

Backyard pools: Always supervise children, safety commission warns

By Mr. Ron Davis

82nd Training Wing Safety Office

According to the U.S. Consumer Product Safety Commission, an estimated 350 children under five years of age drown each year in swimming pools, many in residential pools.

The Commission estimated another 2,600 children under 5 years old are treated in hospital emergency rooms each year following submersion incidents. Some of these submersions result in permanent brain damage.

Nationally, drowning is a leading cause of death to children under five.

The key to preventing these tragedies is to have layers of protection. This includes placing barriers around your pool to prevent access, using pool alarms, closely supervising your child and being prepared in case of an emergency. CPSC offers these tips to prevent drowning:

■ Fences and walls should be at least 4 feet high and installed completely around the pool. Fence gates should be self-closing and self-latching. The latch should be out of a small child's reach.

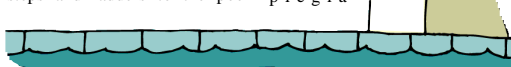
■ If your house forms one side of the barrier to the pool, then doors leading from the house to the pool should be protected with alarms that produce a sound when a door is unexpectedly opened.

■ A power safety cover – a

motor-powered barrier that can be placed over the water area – can be used when the pool is not in use.

■ Keep rescue equipment by the pool and be sure a portable phone is poolside with emergency numbers posted. Knowing cardiopulmonary resuscitation can be a lifesaver.

■ For aboveground pools, steps and ladders to the pool



should be secured and locked or removed when the pool is not in use.

■ If a child is missing, always look in the pool first. Seconds count in preventing death or disability.

■ Pool alarms can be used as an added precaution. Underwater pool alarms generally perform better and can be used in conjunction with pool covers. CPSC advises that consumers use remote alarm receivers so the alarm can be heard inside the house or in other places away from the pool area.

Only parents and guardians can prevent a drowning. Watch your child closely at all times. Make sure doors leading to the pool area are closed and locked. Young children can quickly slip away into the pool.

The CPSC also cautions divers about improper diving practices.

and/or paralysis below the neck, to divers who hit the bottom or side of a swimming pool, according to CPSC. Divers should observe the following precautions:

■ Never dive into aboveground pools. They are too shallow.

■ Don't dive from the side of an in-ground pool. Enter the water feet first.

■ Dive only from the end of the diving board and not from the sides.

■ Dive with your hands in front of you and always steer up immediately upon entering the water to avoid hitting the bottom or sides of the pool.

■ Don't dive if you have been using alcohol or drugs because your reaction time may be too slow.

■ Improper use of pool slides presents the same danger as improper diving techniques. Never slide down head first – slide down feet first only.

Having IDEAs can pay off

By Shirley Carrizo

82nd Mission Squadron

Did you know the Air Force would pay you \$200 for an idea with "intangible" benefits? Or how about an extra \$10,000 in your bank account for a tangible idea?

In fiscal year 2003, Sheppard awarded innovators \$24,221 and saved the Air Force and estimated \$512,590!

A good idea, whether it's new or the inventive use of a past method, can save lives, tax dollars, resources and improve the quality of life for our community. The Air Force wants to know about your ideas and reward you for them.

The Innovative Development through Employee Awareness program offers a way for everyone to contribute ideas in a global Air Force forum. This program is controlled by the Air Force Management Agency and

allows for submission, evaluation and cash awards for usable ideas on a Web-based submission system.

You can access the IDEA Program Data System from any Air Force desktop computer to submit your idea at the website:

<https://ideas.randolph.af.mil>.

Before you pitch your idea, you need to be aware of the three main pitfalls many submitters encounter. Having worked closely with the IDEA program here, I've come across many ideas that aren't accepted because they are vague, incomplete or based on opinion. Avoid these pitfalls.

First, don't be vague.

When wording your submission, keep in mind that your idea needs to be specific, simple, clear and accurate to the reader who will be evaluating your idea.

Avoid the second pitfall by gathering your data. A common reason that ideas are incomplete

is due to the lack of preparation on the part of the submitter.

Although your local manpower and organization office will help you, ultimately the burden is on the submitter to prove their case. Do the legwork and gather all your facts and figures. Don't rely on the evaluator of your ideas to do it for you.

Be prepared to provide a detailed description of your idea, state a workable solution and incorporate expected benefits whether tangible (resource savings) or intangible (safety, proficiency, morale, etc.).

Lastly, don't confuse an opinion with an idea. Opinions without solutions don't equate to an idea and will cause your submission to be rejected. Keep your ideas focused on facts, figures and solutions while avoiding emotion.

For more information, call Shirley Carrizo or Dan Roberts at 6-4332.

Sheppard Senator

Brig. Gen. James Whitmore, 82nd Training Wing commander

...

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Airman 1st Class Jacque Lickteig, Staff writer



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PIMR primed to improve medical readiness process

82nd Medical Group

We keep hearing PIMR in our unit, but no one understands exactly what it is and how will affect them. Isn't it a medical group program?

PIMR, or Preventive Health Assessment and Individual Medical Readiness, is a software program used Air Force wide. It's an automated way of recording, verifying and storing vital information about individual medical readiness metrics, health exams, preventive services, occupation health exams, grounding management, physical profiles, deployments and others.

It provides an automated way of managing and reporting the medical readiness status of members and units at any installation. It, by no means, is a 82nd Medical Group program. The medical group collects and provides the data to all commanders, providing them a snapshot of their unit, squadron, or group's readiness status.

As a mission-focused, combat-proven, decisive-fighting force, Air Force members must be able to respond to our nations call, anywhere, anytime. PIMR stores the information

that commanders use to assess their units readiness.

You can check the following requirements and indicators for each active duty Air Force member in the data files for your base:

- PIMR health records review (HRR)
- Dental (Dental)
- Immunizations (Shots)
- Laboratory values (Lab)
- Profiles (Profiles/422)

If you have met all the above criteria, don't "rest on your laurels." PIMR is a fluid, moving program that requires your constant attention to ensure you are deployment-ready at all times.

As Air Force managers, PIMR is directly critical to the success of our mission because it serves as real time information for commanders and first sergeants about personnel and their deployment readiness. So next time your unit Health Monitor informs you of an appointment, make sure you attend or your PIMR status will reflect you're not ready to deploy and therefore not ready in today's Air Force.

SFS: Dos And Don'ts of gate entry

By Maj. Chris Echols

82nd Security Forces Squadron

Folks are flocking through Sheppard's gates in droves. Some arrive for work, some for play, some for prescriptions or medical support, and other to shop at the commissary and Base Exchange. No matter your reason, I want to ensure you arrive safely, quickly, and still maintain a secure environment for our personnel and resources.

For the last year, we have seen changes in force protection conditions (FPCONs) and an increase in our random antiterrorism measures (RAMs). Through it all, I appreciate the patience from our public and the great support you have shown our troops.

Being responsible for security of the largest technical training wing in the Air Force does provide a unique portrait of military life. I would like to share a few somewhat humorous, though provoking snapshots I am sure you will recognize. And yes, these are real life stories, not you I'm sure, but probably the car in front of you:

This is new: Person drives up to the gate and is surprised; like this is the first time someone has asked for their ID. They proceed to look around the car, in a couple of pockets, sun visor, then find it in a duffle bag with their gym clothes. Meanwhile, 25 more cars join the queue. If you have regular access to a military installation since 9/11, odds are that an ID of at least one adult occupant in the vehicle was checked to get in the base.

Why is today such a surprise? With the implementation of new FPCONs a couple of months ago, 100 percent ID check of at least the driver is now the new norm for all DoD installations. Hint...we will check your ID tomorrow too, please be ready.

Where has this thing been: Folks scratching their scalp, picking their teeth, by the looks of some ID cards...hey, I'm not going to ask. One person sneezed as they pulled forward, handed the card out with a "hanging chad!" Where are the bioenvironmental folks when you need them? And you thought we wore gloves because our hands are cold. Please take

care of your IDs, if they are out of shape (or out of date), have the wrong rank, get a new one at Bldg. 402.

The question: After being checked and cleared for entry, some vehicles are randomly selected for a search. Here is the number one question from the top ten list..."Do I look like a terrorist?" Well heck Sir/Ma'am, if we knew that the terrorist looked like, this global war on terrorism would be much easier to fight, and possibly over. Please be patient. A goal of searches and RAMs is to deter the bad guys. Being random and active in checking vehicles is considered an important element by our military leadership.



Besides, you would be surprised what we have found during these searches.

The test: This person drives up to a gate with out the properly registered vehicle, let's say the Hospital gate. The posted sentry informs the driver to the visitor control center to obtain a pass. Instead of proceeding to the VC, the individual proceeds to Missile gate to try again...once again they are directed to the VC. "Oh one more try," the driver proceeds to the Main gate, but not to the VC. Quit already! You are holding up the line every time.

The wallet: A few folks drive up and hand over their wallet, then appear surprised when I take it. No, really, I don't want your money, I just want to look at your ID. It is difficult to ensure authenticity when it is

jammed in there with all of the other stuff, and usually behind a piece of faded plastic. You will speed up and add confidence to the process if you take the ID out before hand, the folks behind you will certainly appreciate it.

The creatures of habit: Every day the Main gate receives the most traffic, both inbound and out. I know it is extremely convenient to head straight right off of Spur 325 into the gate. However, 95% of the base has the same idea of convenience. Take a left on 240, travel the extra mile and enter the Hospital gate. The same with exiting the base, I have literally followed vehicles from Bridwell Rd who exited the Main Gate! We have other gates; the Main gate is not the only gate at Sheppard.

The string: Trying to read a date on one faded ID, I moved it a bit closer to get a better read and heard a slight grunt. Turns out it was on one of those neck bands, unusually short this one. The ID is usually in there with lots of other stuff, the plastic is faded, I'm sure you get the picture. Please take the ID out of the plastic and from around your neck. It is a safety issue for my cops, reaching into vehicles is not something we teach, for many reasons.

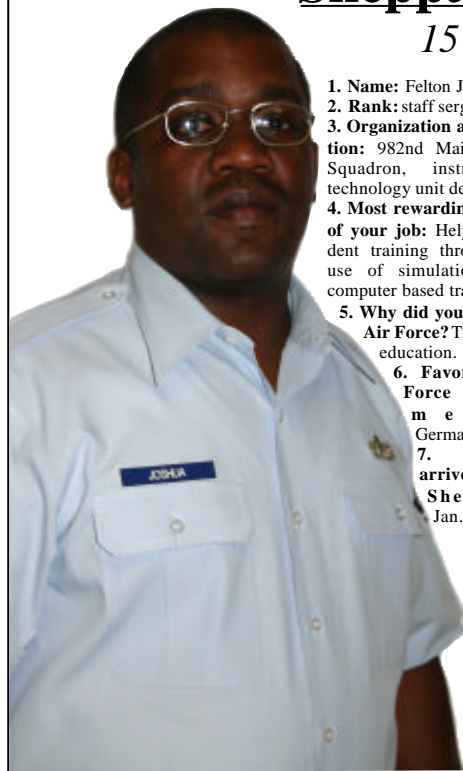
With this ever changing world while fighting the war on terrorism, I am sure FPCONs will continue to go up and down. There are many in the AF today who have never seen FPCON normal. We will continue to do our best to process vehicles safely and securely.

A recent traffic study showed each of the three gates average over 1500 vehicles in a 15-minute time span during the morning rush. We process tons of vehicles everyday in the blazing Texas heat; please show the cops some patience and respect. Meanwhile, thanks for all you do, and thank you for the patience and kindness you show to my troops every day. HOOAH!

(Lt. Col. Steven Hauffman of the 6th Security Forces Squadron, MacDill Air Force Base, Fla., contributed to this commentary.)

Sheppard Spotlight

15 lines of fame



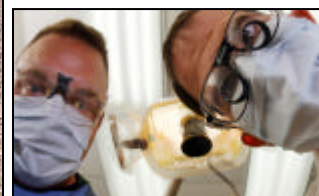
1. **Name:** Felton Joshua Jr.
2. **Rank:** staff sergeant
3. **Organization and position:** 982nd Maintenance Squadron, instructional technology unit developer
4. **Most rewarding aspect of your job:** Helping student training through the use of simulations and computer based training.
5. **Why did you join the Air Force?** Travel and education.
6. **Favorite Air Force assignment:** Germany.
7. **Date arrived at Sheppard:** Jan. 5, 2000
8. **Hometown:** Donaldsonville, La.
9. **Married or single:** Married with four kids. My wife is Linda Gail Joshua. My sons are Jason Toddwin Joshua, Felton Joshua III and Jonathan Traylon Joshua. My daughter is Brittani Marie-Faith Joshua.
10. **Favorite thing(s) to do in your free time:** Spend time with my family, cook and work on my car.
11. **Funniest childhood memory:** I was playing football when I was a kid, and I ran into a clothesline and got clothes lined.
12. **Favorite book or movie:** "The Color Purple."
13. **Dream vacation:** Puerto Rico.
14. **If you could be anyone for one day, who would you be?** Dr. Martin Luther King Jr.
15. **Other than your family, what is your most prized possession?** 1980 Cadillac Eldorado.

No. 4

Clever Captions

The rules

1. Write an imaginative, humorous, tasteful caption for photo No. 4.
2. Submit a maximum of two entries to sheppardsenator@sheppard.af.mil or call 6-7246 by Tuesday at noon.
3. Please include the photo number, your name and phone number.
4. The winning caption will be printed in the *Sheppard Senator*.
5. All entries are judged by the *Senator* staff. Good luck!



No. 3's winning caption: **Close it before it escapes.** by Melody Mash, 361st TRS. Runner up: **Come look at this. I've never seen anything so nasty.** by Melody Mash, 2nd runner up. **Where's the beef?** by Jose Penuela, 361st TRS.

Community

Lake Texoma

Paddle boat races will be at 10:30 a.m. and 1:30 p.m. Saturday at Lake Texoma. For information, call (903) 523-4613.

Club activities

Rhythm & Blues

The enlisted club will host a Rhythm & Blues Night Saturday from 9 p.m. to closing.

ITT

WWE Raw discount

World Wrestling Entertainment tickets for WWE Raw will be on sale for \$10.50 for active duty military. For more information call 6-2302.

Chapel schedule

Catholic services

Confession by appointment only

Sunday

Mass: 9 a.m. (south chapel); noon (Solid Rock Cafe); 5 p.m. (south chapel)

Daily Mass

Tuesday, Wednesday and Thursday: 11:30 a.m. (south chapel)

Protestant services

Sunday

10:30 a.m. Community Worship (Bldg. 1900)
10:30 a.m. Inspirational Gospel Worship (south chapel)
10:30 a.m. Holy Communion Worship (Solid Rock Cafe)

Protestant Parish Ministries

Protestant Men of the Chapel: Saturday, 6:30 a.m. (south chapel)

Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon, (south chapel)

Protestant Religious education

Adult religious education, 9 a.m. (Bldg. 962)

Tuesday Bible study, 6 p.m. (south chapel)

Thursday, noon Bible Study, lunch provided (south chapel)
PWOC Thursday Bible study, 6 p.m.
PMOC Tuesday Bible study,

6 a.m.

For more information about other religious activities, call the base chapel at 6-4370.

Student ministry

Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m. Friday, 7:30 a.m. to 11:30 p.m. Saturday, 1 to 11:30 p.m., Sunday, 1 to 9:30 p.m.

Sunday Protestant Bible study, 4 p.m.

Contemporary Praise Worship Service, 5 p.m.

Holy Communion Worship, 10:30 a.m.

Praise and Prayer, Wednesday, 8 p.m.

Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m.

Chapel Ropes Meeting, Tuesday, 11 a.m. to noon and 4:15 to 5 p.m.

Parents and Tots, Monday, 1:30 to 3:30 p.m. and Wednesday, 10 to 11 a.m.

Praise Band Rehearsal, Saturday, 10 a.m. to noon.

Solid Rock Saturday Meal, 6:15 p.m.



Movie line: 676-4427



Anchorman (PG-13)

Today at 6:30 p.m.
Saturday at 4:30 p.m.
Sunday at 2 p.m.

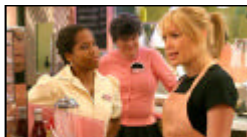
Will Ferrell, Christina Applegate - A woman steps behind the news desk causing war with a fellow anchorman.



Catwoman (PG-13)

Today at 6:30 p.m.
Saturday at 7 p.m.
Sunday at 4:30 p.m.

Halle Berry, Sharon Stone - A human guinea pig goes from doormat to vigilante when given a revolutionary anti-aging drug.



Cinderella Story (PG-13)

Today at 9 p.m.
Saturday at 2 p.m.
Sunday at 2 p.m.

Hillary Duff, Chad Michael Murray - A modern-day tale of the a poor girl who finds her "Prince Charming" online.

Be responsible. Don't drink and drive.



Senators place fifth in tournament



By Ron “Bama” Brown
982nd Maintenance Squadron

Sheppard’s big sticks weren’t big enough recently as the team placed fifth in the world Armed Forces Softball tournament in Garland, Texas.

It wasn’t for lack of effort. The team actually had an impressive showing, beating the No. 3 team in the nation while winning three of their five games.

But, a sluggish start put the team behind early.

In the opening game, the Senators faced the Pensacola Crush from Hurlburt Field, Fla. This was a classic example of what not to do if you have any plans of winning a worlds title.

The offense was probably still in the Senators hotel beds. While the Crush pumped out 20 runs, the Senators were anemic with only five. This one was over

quickly. The Senators were looked upon as one of the strongest teams in the tournament, so this was considered a mild upset that went to the team that eventually finished fourth in the tournament.

The greatest surprise had to be the deficit in which the Senators lost. Add to this the fact that two of the Senators had finished in the top three of the tournament home run derby.

Chris Pittner blasted his way to top honors hitting four out of five swings out of the park. His teammate, Jim Davis placed third after hitting three, then hitting another in a tiebreaker.

Later in the day, the Senators would have to find the juice for the their offensive juggernaut against Brooks City-Base, Texas. This game had extra significance because some of the Brooks players were former Senator players just a few years ago. Apparently, the emotional bond was

not as strong as the Senators will to win.

It appeared to be a repeat of the first game, only with the Senators coming out on top.

Joe Calderon, who batted .630 for the tournament, pitched brilliantly in holding the Brooks team to only five runs. Jim Davis, who batted .750, began to showcase the tremendous power that his trademark with one of his spectacular dingers early in the game.

Not to be outdone, Chris Pittner, who topped all Senators batting .800, knocked the seams out of a softball as it flew past the right field fence. The Senators advanced 15 –5 against Brooks and would have to face the “Toalpoams” 1 out of Virginia.

The Toalpoams, a perennial powerhouse, came into the tournament ranked in the top three in the nation. Although they

See **SOFTBALL**, Page 4B

Sports Briefing

High-school sports volunteer writers

Team Sheppard, we want to recognize your children who are participating in junior-high and high-school sports.

Please submit information on how they did, and it will be published in the *Senator*.

People can submit stories to christopher.powell@sheppard.af.mil.

Hotter-N-Hell volunteers

About 70 Volunteers are needed to help with the Sheppard sponsored rest stop 15 at the base community center.

Hotter ‘n Hell is from 8 a.m. to 4 p.m. Saturday.

In the past, there were more than 4,000 participants to pass through the base.

People who are interested in volunteering can call Ms Crawford 6-3861 or Ms Jordan 6-3866.

BCI golf tournament

The Board of Commerce and Industry Tournament is at 8:30 a.m. Sept. 10 at the Wind Creek Golf Course.

The cost is \$25 plus green fees for active military and DoD civilians. It includes a cart, breakfast and lunch at the officer’s club.

Off-base civilians can register for the tournament through the BCI at 723-2741.

Call Ed Galvan if you have any questions at 6-6369.

Football Frenzy

Football Frenzy is here again and time to think about the exciting games and the opportunities to win an all-expenses paid trip to Florida for the Atlanta Falcons and Tampa Bay Buccaneers game, or a paid trip to the Super Bowl or Pro Bowl.

Other prizes will consist of plasma TVs and Microsoft Xbox systems.

Pre-season football games are at 6:30 a.m. Aug. 20, 7 p.m. Aug. 26 and Aug. 27 and at 6 p.m. Sept. 3 at the enlisted club.

The enlisted club is hosting the preseason games for Dallas at Houston at 7 p.m. Aug. 14, Dallas at Oakland at 8 p.m. Aug. 21 at and Kansas City at Dallas at 8 p.m. Sept. 2.

Football Frenzy will be every Monday night at the enlisted club.

Draft Night will begin Sept. 13at the enlisted club to accompany the Football Frenzy.

Dallas Cowboys tickets on sale at ITT

Tickets are on sale \$38 for the upcoming Dallas Cowboy season.

Games available include: Cleveland, Sept. 19; New York Giants, Oct. 10; Pittsburgh, Oct. 17; Detroit, Oct. 31; Philadelphia, Nov. 15; Chicago, Nov. 25; New Orleans, Dec. 12; and Washington, Dec. 26.

Punt,



Photo by Senior Airman Chris Powell

A punt, pass and kick competitor punts a football during the competition Saturday at the youth softball fields. The youth who won their age category will move on to the regional competitions in Dallas.

Pass,



Photo by Senior Airman Chris Powell

Zachary Tittle throws a pass during the competition Saturday.

Kick



Photo by Senior Airman Chris Powell

Richard Lucero kicks a football during the competition Saturday at the youth softball fields. He won the 14 to 15 age category with a total of 306 yards.

More than 20 kids participate in competition

By Senior Airman Chris Powell
Senator sports editor

National Football League players weren’t the only ones punting, passing and kicking last weekend. More than 20 Team Sheppard youth participated in the NFL Punt, Pass and Kick Saturday at the youth baseball field.

The kids were put into four-age brackets of 8 years old all the way to 16 years old.

“This was a really fun event,” said Ryan Lucero, who took first place in the 12 to 13 age group. “I was able to get ready for today by playing football at school.”

Ryan’s brother Richard also won his 14 to 15 year old category.

“I’m going to try my hardest at the next competition,” Richard said.

While the purpose of the event was for the kids to have fun, Monte Sparkman, the event coordinator recognizes the benefits of the competition.

“It is important because the program creates a lively and engaging forum for boys and girls to fellowship and enjoy friendly competition,” he said.

The participants who won their categories advanced to go the regional competition.

“There are a few more qualifying rounds before the finals,” said Monte Sparkman, the event coordinator. “After the sectional competition, the kids will advance to the team competition in October, then they’ll compete before an NFL game or during half time in either November or December. The first place winners from that competition will advance to the finals which will be held during a playoff game in January.”

Although 23 competitors may not sound like a lot of competitors, Sparkman believes the event was a success.

“I thought the turn out was excellent considering this was the first year of the competition,” he said. “I’ve heard nothing but positive comments from parents. They seemed very eager for their children par-

ticipate.”

Even though this is the first year of the competition at Sheppard, Sparkman said there were plenty of good athletes who competed.

“I was extremely impressed with the children’s efforts and willingness to participate,” he said. “There were some above average athletes who participated and who have a chance to do well in the upcoming competitions.”

There’s an old saying in football that a team can win on any given Sunday, and that saying may hold true for the youth at Sheppard.

“Any child can win on any given day,” Sparkman explained. “The doors are wide open, and the competition will get stiffer as the children progress. However with practice and hard work, I feel the kids will have a good chance to succeed.”

The winners were: Jase Langen in the 8 to 9 year old category; Seth Craven in the 10 to 11 year old category; Ryan Lucero in the 12 to 13 age category and Richard Lucero in the 14 to 15 age category.

Bowling

For more information, call 6-2170.

North lanes closed on Wednesday nights

The north lanes bowling alley will closed Wednesday's nights for summer.

It will be re-opened Sept. 7 for the fall bowling schedule.

Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes.

For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

Bowling center birthday parties

The north and south bowling centers are available for birthday parties.

The cost is \$2 at the north lanes and \$1.50 at the south lanes.

The cost is more at the north lanes because it features Glow Bowling.

Feel free to bring your own cake and ice cream, but all drinks and other food must be purchased at the bowling center snack bar.

Community center

For more information, call 6-3866.

Jeet Kune Do classes

There are Jeet Kune Do classes from 2 to 4 p.m. Sundays at the community activity center.

Cost is \$35 per month.

Tang Soo Do classes

There are Tang Soo Do classes from 6:30 to 8 p.m. Mondays and Wednesdays for people ages 7 and older. Cost is \$25 for adult members and \$20 for children members.

The cost for children who are non-members is \$25.

Call 6-6826 for more information.

Pool tournament

The pool tournament is at 2 p.m. Saturday at the community activity center.

Trophies will be awarded to first and second-place winners.

Table tennis tournament

The table tennis tournament is at 5 p.m. the second Saturday of every month. Cost is \$2.

Trophies will be awarded to first and second-place winners.

Chess tournament

The chess tournament is at 10 a.m. the last Saturday of every month.

Trophies will be awarded to first and second-place winners.

Fitness center

For more information, call 6-2972.

Push it to the Max

Push it to the Max is a free program that's designed to teach people how to do correct push ups and will improve push up ability.

The program is from 5:30 to 7 a.m. Tuesdays in the aerobic room at the south fitness center.

Air Force cycling program

This program is designed to promote cycling as a life-long recreational activity that supports personal fitness goals.

For more information, contact Tech. Sgt. Moffett at 6 - 2972.

Spinning at the south fitness center

Spinning classes are at 4:30 p.m. weekdays at the south fitness center.

Aerobiccenter offers classes

The aerobiccenter, located in the main fitness center, offers coed aerobics classes seven days a week.

Abdominal class

Monday, Wednesday and Friday at 11 a.m.

Cardio blast

Monday at 7:15 a.m.

Step aerobics

Tuesday and Thursday at 5:15 a.m.

Body pump
Monday at 6 p.m.
Tuesday and Thursday at 9:15 a.m.
Thursday and Saturday at 11:30 a.m.
Wednesday at 6 p.m.

Yoga and pilates
Monday and Wednesday at 10:15 a.m.
Wednesday at 5 p.m.
Thursday at 6 p.m.
Saturday at 3 p.m.
Sunday at 4 p.m.

Basic step
Monday, Wednesday and Friday at 7 p.m.
Sunday at 2 p.m.

Kickboxing
Tuesday and Thursday at 7 p.m.
Sunday at 3 p.m.

Intermediate step
Saturday at 10:15 a.m.

Advanced step
Monday, Tuesday at 5 p.m.

Combo step
Monday, Wednesday and Friday at 11:30 a.m.

Water aerobics
The water aerobics class is at noon, 5 and 6:15 p.m. every Monday, Wednesday and Friday at the main pool. The class is free.

TOPS

For more information, call 855-4308.

TOPS class
There is a Taking Off Pounds Sensibly class at 6 p.m. Thursdays in the Bldg. 962.

Youth center

For more information, call 6-5395.

Youth soccer
Practice for youth soccer begins Saturday at the youth sports complex.

There are three divisions for children in different age groups. Division one is for 5 to 6 year olds, Division 2 for 7 to 8 year olds and Division 3 for 9 to 10 year olds.

Registrations are still being accepted for youth soccer. People can register at the Madrigal youth center.

Youth flag football
Youth aged 6 to 10 years old can register for flag football Monday through Friday from 10 a.m. to 5 p.m. at the Madrigal youth center.

Participants will learn the basic fundamentals of football while eliminating extreme physical contact

For more information, call 676-2342.

Lifting ain't easy

Sheppard NCO places first at powerlifting competition

By Senior Airman Chris Powell
Senator sports editor

Steve Peterson went to the United States Powerlifting Federation Senior and Master's Nationals in Las Vegas to do two things; place first in his weight class and lift more than 1,500 pounds.

He accomplished his first task, but barely missed his second. Peterson won his 220 pound Sub master's class. He squatted 540 pounds, bench pressed 385 pounds and deadlifted 551 pounds for a total of 1,476 pounds, missing his goal by only 23 pounds.

"The competition was good," Peterson said "There were some huge lifts put up."

Each competitor had three lifts in each category. The judges took the best lift in each category.

"I started light with each lift to get into the competition. Then I moved up on my second lifts to much heavier weights to get

personal records," Peterson said. "The third lifts were for the crazy lifts.

Although he missed his overall goal, Peterson was able to set personal goals in two of the three categories.

"I managed a personal record in squat with a 540 pound lift and another in the bench with a 385 pound lift," he said.

Peterson said he could have squatted even more than the 540 pounds that he did.

"Unfortunately, I didn't squat as much as I could have. The 540 pounds was very easy" he said. "I had never squatted that much before, so I was surprised, but think I could have done a [560-pound lift].

He said he tried to deadlift 562 pounds, but didn't get it because of poor technique and fatigue was setting in.

Peterson's next meet will be the Texas Cup in November.

While Peterson is enjoying the fruits of his labor, a lot of work is taken to get to the

point where he is now.
"When training, I lift four days a week with a mix of heavy and speed days with the weights," he said. "Speed is very important in power type sports."

Diet is also another important factor in getting ready for a meet, and Peterson has a diet easy to follow.

"I eat food, and lots of it," Peterson said. Peterson also has advice for people who may be thinking of taking up powerlifting.

"I'll tell them to go for it," Peterson said. "Everyone starts somewhere. It's a fun sport with good people involved. [They should also] find a good partner at a good gym."

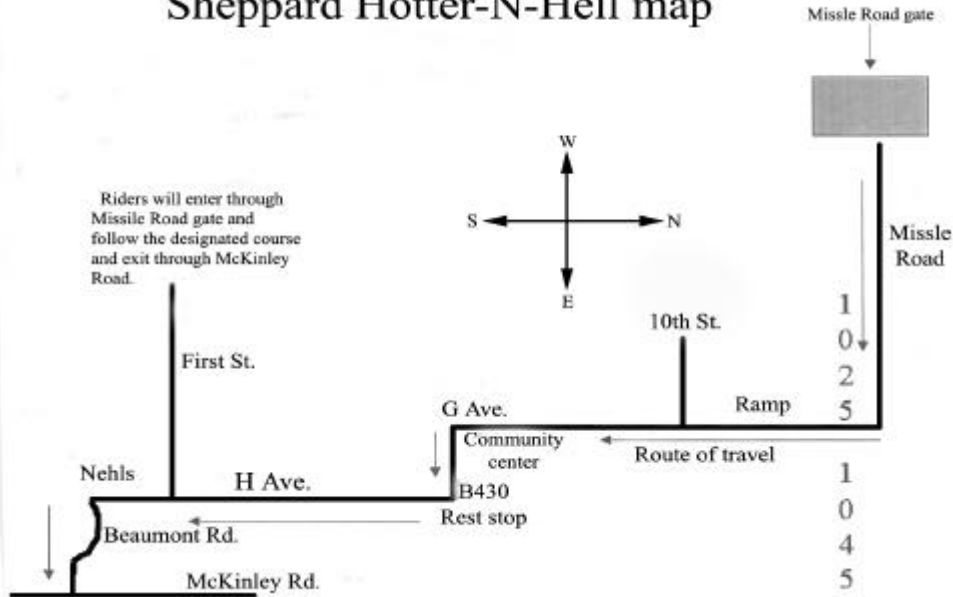
Peterson has been lifting for 14 years and holds several championships.

"I won the 2003 Amateur Athletic Union Military Nationals and the 2003 Air Education and Training Command championships in the 220 pound weight class," Peterson said.



Photo by Senior Airman Chris Powell
Steve Peterson won the United States Powerlifting Federation Senior and Master's Nationals in the 220 pound Sub master's class.

Sheppard Hotter-N-Hell map



To put an ad in the *Sheppard Senator*, call 761-5151.

*Be smart.
Don't
drink and
drive.*

Rifle shooter wins U.S. military's first medal

By Tim Hipps

Special to American Forces Press Service

ATHENS, Greece, — Army Maj. Michael Anti won a silver medal Aug. 22 in men's 50-meter three-position rifle shooting in the 2004 Summer Olympic Games.

"I wish I had the gold, but I'm just excited to have a medal," said Anti, 40, of Winterville, N.C., who is assigned to the Army Marksmanship Unit at Fort Benning, Ga. "We have such a great unit and such a great Army for them to allow me to do this. There are people overseas risking their life to allow me to compete here, so it's a big deal."

China's Zhanbo Jia won the gold medal with 1,264.5 points. Anti, a marksman in the Army World Class Athlete Program, took the silver medal with 1,263.1 points. Austria's Christian Planer claimed the bronze medal with a 1,262.8 total.

Anti entered the final round in seventh place. After shooting marks of 10.4, 8.8, 9.3 and 10.6, he moved into fourth place with a 10.8 on his fifth of 10 shots in the finale. An 8.5 on his ensuing shot, however, cost him dearly. He quickly rebounded with marks of 10.4 and 10.8 to move into third place. Then an 8.1 dropped him back to fourth. He capped the performance with a 10.4.

"For me, it was kind of up and down,"



U.S. silver medalist Army Maj. Michael Anti, left, poses with China gold medalist Zhanbo Jia, center, and Austrian bronze medalist Christian Planer Aug. 22. The three were winners in the Summer Olympic Games men's 50-meter three-position rifle shooting.

Anti said of his final round. "I'd shoot a good 10 and then I'd shoot an 8, then shoot a good 10 and shoot an 8. None of the shots were really bad shots; I just was late on the

trigger," he said. "If I caught it a millisecond before, it could've been a 10. I'm just thrilled to death that I won the silver with my final."

Staying fit: Marines in Iraq use gym as outlet for stress, way to build character

CAMP MAHMUDIYAH, Iraq – Little free time and long days in the sun are just a few things that contribute to stress in a combat zone. The constant threat of rocket and mortar attacks is another. There is much here that these Camp Lejeune Marines can't control - but there is a tool they use to beat their stress and anger - physical exercise.

"The main reason I see people come in here is to take care of their stress, whether it's from boredom or from battle," said Lance Cpl. Adam M. Groves, one of the four Marines who run the gym here. "When they leave here it definitely looks like they worked out some of that energy."

The gym has followed 2nd Battalion, 2nd Marine Regiment through their moves from Mahmudiyah to Fallujah and back to Mahmudiyah again. Marines realize the importance the gym has to the welfare of their troops.

"When they're not working, Marines have choices. They can A, sleep; B, watch movies; C, go to the Internet café," said Staff Sgt. Kelly M. Crawford, a Marine with Combat Service Support Battalion-1. "The lines are pretty long at the internet café. We all know how Marines hate to wait in line."

The gym here is open 24 hours a day, seven days a week. Riflemen and administration clerks work side by side to improve themselves and relieve their stress, but not all stress comes from outside the wire.

"Marines have a lot to be stressed out about. Being away from their families and having little time to talk to them is enough to stress people out," said Navy Petty Officer 3rd Class Albert M. Delacruz, a 23 year-old from Paterson, N.J. "Without the gym I think we'd see a lot more fights and arguments. It would definitely hurt our effectiveness outside the wire."

The gym isn't just for relieving stress; it can also build character. Getting to the gym when you could be sleeping or watching a movie takes commitment, though, according to Delacruz.

"When you get to the gym the payback is more than at you put into it. It pays back mentally and physically," Delacruz said.

Marines find few excuses to miss their appointments with the treadmill when their gym is located just down the street.

"In garrison you have to deal with everything that goes on



Photo by Cpl. Shawn C. Rhodes

Staff Sgt. Kelly M. Crawford, a Marine with Combat Service Support Battalion-1, relieves stress inside the gym every day at Camp Mahmudiyah. When Marines aren't outside the wire the gym is one of the best places to improve their minds and bodies.

with garrison life," said Crawford, 34, of Corvallis, Ore. "You have to get in the car to get to the gym. Here it's just a short walk away."

The ease in getting a good workout at the gym is a relief to the Marines.

"You come in, take care of what you need to, and carry on," said Groves, a 20-year-old from Deale, Md.

For some, the gym's benefits extend beyond themselves.

"The reason I go to the gym here? I told my wife I was going to look better when I got back than when I left," Crawford said with a smile.



Photo by Cpl. Shawn C. Rhodes

Navy Petty Officer 3rd Class Albert M. Delacruz uses the exercise bike at the Camp Mahmudiyah Gym. The 23 year-old from Paterson, N.J. said it's necessary for Marines to find a way to relieve stress.

If you'd like to volunteer to write for the Sheppard Senator or have an idea for a story, call the Senator staff at 6-1326 for more information.

SOFTBALL

Continued from Page 1B

too had succumbed to an early defeat, it was clear to everyone that this was a very dangerous team.

The Senators got to an early lead against the Toalpoams. In the fourth inning, the score was 13-3.

But, anyone who has ever played varsity level softball understands that what may seem like an impossible comeback to most is merely an opportunity to show how really good you are.

Slowly, almost imperceptibly at first, the Toalpoams began to whittle away at the Senator lead. By the sixth inning, the score was 13-10 in favor of the Senators.

Fortunately, the Senator offense was up to the task by adding four more runs in the seventh ... runs they would need because the Toalpoams made a string last ditch effort to pull out a win. The Toalpoams added 3 more runs but eventually fell short, 17-13.

As he had done all tournament, Mike Houck, who batted, .650, was the bedrock of the Senators defense. He just helped to

keep opposing offenses from really being able to sustain offensive attacks.

Another defensive specialist was the only Marine on the Senator roster, Eli Gross. Gross batted .500 for the tournament but added immeasurably to the Senators success by first playing shortstop then moving to outfield late in the tournament.

In every sport, teams have rivals. Teams they play repeatedly and both teams seem to relish the event. For the Senators, Randolph AFB is that team. Actually, one could say that Randolph is to the Senators what the Washington Redskins are to Dallas Cowboys, an almost guaranteed win.

For some reason, the Ramblers always get to see the Senators best. This was truly no exception. From the moment the game began, this was an onslaught.

The Ramblers didn't play bad and they put up 15 tough runs. It just was not their night. Pittner, Davis, and Calderon pumped out dingers. They were assisted by Carlos House, whose home run didn't just clear the

fence, it faded into the night.

In the third inning, the Senators offensive machine was in high gear as they pumped out 20 runs. From that moment on, the outcome was not really in doubt. The Senators last game of Saturday night was not so much a contest as it was a celebration as the Senators won 26-16.

There is a saying amongst the teams at the worlds, "Everybody comes to play, but only the best play on Sunday!" If you are fortunate enough to make it Sunday, this means you are truly one of the elite. This is the championship round.

Early Sunday morning, the Senators had to face the Commando/Worth softball team out of Tyndall Air Force Base, Fla. This was a young team, sprinkled with a few veterans for experience. They were fast and aggressive; a combination which would ultimately prove too much for the Senators.

Despite a tough struggle and repeated attempts to get on top, the Senators fell 20-15 to the eventual third place Commandos.

Don't forget to tell us about your team. Call 6-1326.

Want to quit smoking?
Check out the health and wellness center's smoking cessation classes.